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Bangalore Mirror ON SUNDAY

TEMP Max 28 | Min 20 | Humidity 84% Generally cloudy sky with Light rain Sensex 64,718 | Nifty 19,189 | Gold 59,070 | [illegible] | Dollar [illegible].03 | Euro 89.53 | GBP [illegible].50

RUNAWAY CHILD

With so many construction sites, is city hotbed for child labour?

PAGE 3

USE YOUR IMAGINATION

A picture of pillars of intelligence: Memory & imagination

PAGE 7

Foundation stone was laid in 2020 for a park near Basavanapura Lake. So far, no work has begun and residents of area worry the land sharks are coming

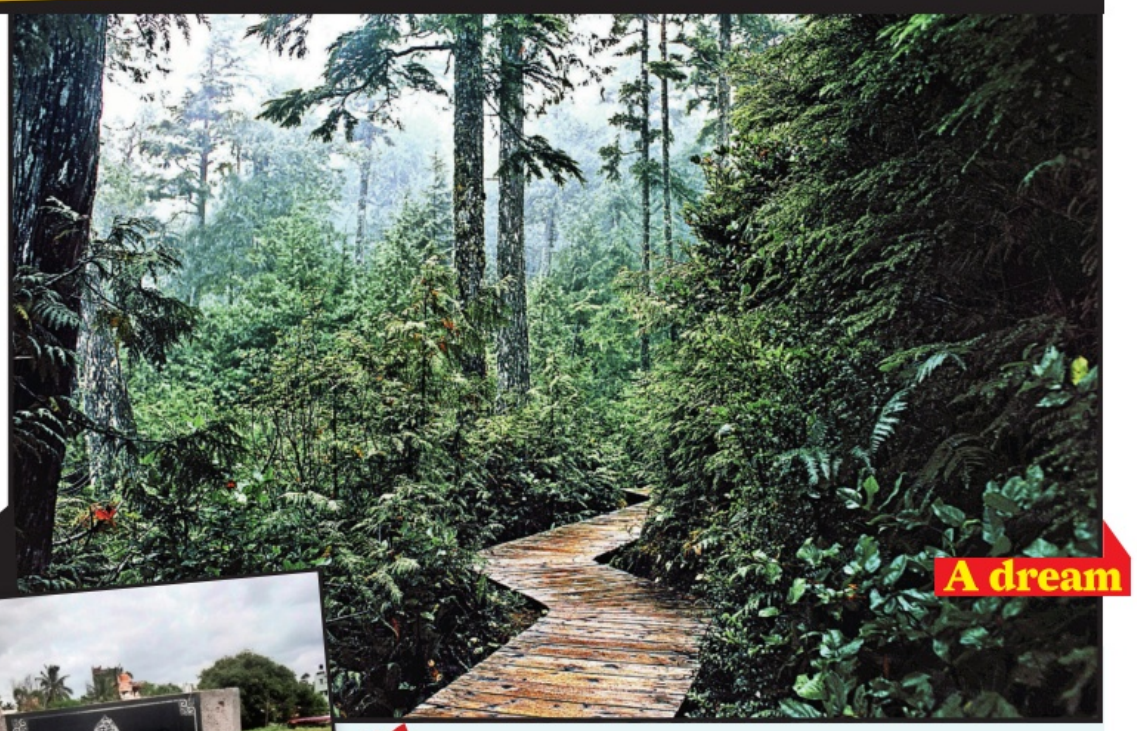
DOWN THE GARDEN PATH

BBMP must keep its word on creating green space for kids to play, citizens to unwind

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

It's been a three-year-long wait for a park in KR Puram's Swathantra Nagar and Basavanapura. The Bruhat Bengaluru Mahanagara Palike (BBMP) had promised a park for the area three years ago, but that has remained a pipe dream.

According to the residents, BBMP Projects Division of Mahadevapura Zone has identified land for the development of a park at Swathantra Nagar, near Basavanapura Lake. The BBMP officials even roped in the then Urban Development Minister BA Basavaraj to lay the foundation stone. The BBMP organised a function on August 12, 2020 to lay the foundation stone. It happened just one month before the BBMP Council's term came to an end on September 10, 2020. Basavanapura ward corporator BN Jayaprakash presided over the function. The park was to be developed on four acres of land at an estimated cost of Rs 2.60 crore and the work was supposed to be completed in three months.



A dream

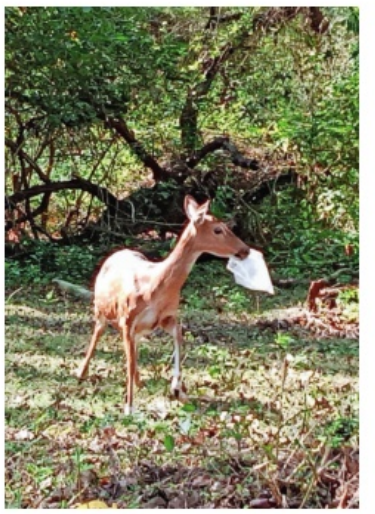
The reality

> "There are examples of diversion of storm water drains in the area. We urge the BBMP to commence the development of the park as early as possible — Krishna Murthy, a resident of Basavanapura

"We are waiting for the contractor to commence the work but nothing has been done till date even after the delay of three

CONTINUED ON PAGE 4 »

PLASTIC GOES WILD



And that is not a good thing, as it is killing animals living in forests around city

Garima Prasher
garima.prasher@timesgroup.com
TWEETS @BangaloreMIRROR

A few months ago, a veterinarian working with a wildlife rescue centre in the city found a plastic cloth clip stuck inside a monkey's gut. The starving animal was found in one of the forest patches around Bengaluru. The primate was unable to eat as the plastic clip had created a blockage in the intestine, causing severe infection.

Experts and activists working with wildlife say while they regularly encounter snakes and birds stuck in plastic bottles, cases of plastic found in elephants' dungs and plastic items stuck in the digestive tracks of herbivores, primates, and other wildlife are aplenty too.

While city animals have been feeding on plastic for ages, many cases of wild animals eating garbage and ingesting plastic items have

CONTINUED ON PAGE 9 »

2 THINGS TO DO

01 Creativity at best

The Grand Rajasthani Exhibition is all set to feature some of the collections of cotton and silk handlooms from Karnataka tie and dye dress material, Odisha sarees, and West Bengal cotton sarees. The variety of handlooms includes jewellery (silver, kundan, and meenakari), textiles, handmade paper, precious and semi-precious stones (gemstones), paintings, and more.
Where: White House, No. 4B, 14th Main Road, next to BDA Complex, Sector 6, HSR Layout
When: until July 9

02 It's jazz time

The International Music and Arts Society is hosting a leading young virtuoso jazz composer, Sharik Hassan. Grab the chance to experience standard contemporary jazz with the artist's original compositions. Hassan has spent years getting trained and performing in Paris, Amsterdam, London, and his current base, New York. **Where: Bangalore International Centre**
When: July 4; 7:30 pm

Thanking doctors

On the occasion of National Doctor's Day (July 1), Manipal Hospitals allowed the public to express gratitude to the doctors. A 'Tweet Café' was set up in the eight units of Manipal Hospitals in Bengaluru. People were invited to share gratitude messages with their beloved doctors at Manipal Hospitals through social media platforms. About 1,000 gratitude messages were received from both out-patients and attendants of in-patients across the eight units. The messages expressed appreciation and well wishes to the doctors. After their tweets, surprise boxes were opened by the participants. Some guests thanked their doctors for Happy Re-birth Day, acknowledging the doctors' role in their recovery from serious medical conditions. Karthik Rajagopal, Chief Operating Officer, Manipal Health Enterprises Pvt Ltd, highlighted the hospital's commitment to innovation and technology in the healthcare system.

Updating canine count...

BBMP likely to begin dog census on July 11; activists highlight change in dogs' temperaments during monsoon, which might impact census outcome

Garima Prasher
garima.prasher
@timesgroup.com
TWEETS @BangaloreMIRROR

According to experts, the exercise should have been completed before the monsoon kicked in

The Bruhat Bengaluru Mahanagara Palike's (BBMP) much-awaited dog census, which was scheduled to commence on Saturday (July 1), has been postponed to a later date. According to Animal Husbandry Department officials, the project has been pushed back due to internal staff transfers after receiving a nod from the government. The census will likely begin on July 11.

"The project did not start on Saturday, as declared earlier. We will probably be able to start it by July 11. Some staff have been transferred internally, and they are yet to report to their duties. Once that happens, the census will kick off," said a senior official from the Animal Husbandry Department of BBMP.

The official also informed that the last leg of the training of 50 teams prepared for the census will be conducted tomorrow.

"The training will be done on July 3. The application to be used for the census has been upgraded with the picture-capturing feature and is ready to be used. The census, once started, will take two weeks for completion, and the results will be published after a week as data processing will take time," informed the official.

Animal welfare workers and activists say that now that the census will be conducted with the monsoon season in full swing, the process might be riddled with delays and erroneous projections. They also raise concerns about the use of drone technology in the rainy season. BBMP has decided to conduct a hybrid census involving drone-based counting of canines in areas around Bengaluru's water bodies and photographing every dog on the city's streets.

"The operation will become more difficult due to weather conditions. Drones like to have better visibility. With cloudy weather, the statistical methods being used for the census might turn out to be erroneous. Projections and extrapolations might throw up inaccurate figures in comparison to reality," said Srinivas Yelandur, an entrepreneur and a public policy advisor to the Government of Karnataka.

Experts also highlight the change in dogs' temperaments that might impact the census outcome. "The exercise should have been completed before the monsoon season kicked in. When the monsoon approaches, there is a huge change in weather patterns, and outdoor animals are generally not happy about it from a temperament standpoint. It is not a conducive environment for them to stay or take shelter, and they are hounded out. Lack of feeding areas and proper care due to rains might also change their temperament towards humans," said another city-based animal welfare worker.

They strongly recommended that the civic body ensure a well-coordinated ward-level approach and adequate manpower to conduct a synchronised census across all eight zones. The palike has formulated 50 teams of experts from Animal Husbandry and other departments for the census, and the teams are in the process of receiving training. The census will also capture photographic evidence of every dog being counted to improve accuracy.

> **"The project did not start on Saturday, as declared earlier. Some staff have been transferred internally** – a senior official

Being taken up after a gap of five years, the census result will be useful in analysing the efficacy of the ongoing ABC/ARV programme by the civic agency. The last dog census of Bengaluru was conducted in 2018, recording 3.09 lakh stray dogs. Before that, 1.85 lakh dogs were recorded in the 2012 and 1.83 lakh in 2007.

Vitiligo isn't contagious!

Iffath Fathima
Iffath.Fathima
@timesgroup.com
TWEETS @BangaloreMIRROR

Vitiligo is a chronic skin condition characterised by white patches on the body caused by the loss of skin pigmentation. Although it is not physically harmful or contagious, it can have significant social and psychological impacts on those affected.

As World Vitiligo Day was observed recently, healthcare professionals aimed to dispel misconceptions about the condition. While some understand that vitiligo is treatable and not contagious, others still believe it poses harm and can spread. The main challenge for individuals with vitiligo is the social stigma and misunderstandings associated with the condition. Dermatologists in the city have taken the initiative to raise awareness and educate people about the treatments available for vitiligo.

Dr Anil Abraham, chairperson of the media cell for the Indian Association of Dermatologists, Venereologists, and Leprologists (IADVL), explained, "Vitiligo is an autoimmune disease where the body's immune system mistakenly attacks and destroys pigment-containing cells. It can appear at birth or develop at any time in life, often triggered by injury or stress. It may also be associated with other autoimmune diseases like thyroid problems or diabetes." Dr Girish MS, a senior skin specialist, highlighted the challenges faced by those with vitiligo. "Visible white patches can lead to discrimination, prejudice, and ridicule. Many patients I've encountered experience self-consciousness, low self-esteem, and even depression.

Some individuals inquire about marriage proposals involving people with vitiligo, mistakenly believing it is contagious. However, vitiligo is treatable, and recent advancements have shown positive results."

Vitiligo can be classified into different types based on the pattern and location of depigmented patches. These include non-segmental vitiligo (symmetrical patches on both sides of the body), segmental vitiligo (localised to one side or segment), mucosal vitiligo (affecting mouth, lips, and nose), focal vitiligo (scattered patches), and universal vitiligo (extensive loss of pigmentation).

Dr Girish shared a success story of a 12-year-old child with vitiligo. "Six months ago, the child had patches on their face and legs. They didn't have any autoimmune disorders. The parents sought early treatment and were supportive. With the use of ointments and medication, their condition has improved by 50%. Vitiligo is definitely treatable, and we've seen similar positive outcomes." Dr Abraham debunked common myths about vitiligo, emphasising the importance of consulting a dermatologist before making assumptions. He clarified that diet does not play a role, and vitiligo is not contagious or hereditary in every case.

Over the years, advancements have been made in vitiligo treatment through various methods and technologies.

Child on the run

88 kids rescued from city's rly stations till May this year; many pulled into labour

Melvin Mathew
c-melvin.mathew@timesgroup.com
TWEETS @BangaloreMIRROR

Under the Railway Protection Force's programme of Nanhe Farishte, 88 children have been rescued up to May 2023. While a majority of the children rescued are from the state, a sizeable portion comes from other states.

As per data accessed by Bangalore Mirror, 88 children were rescued by Railway Protection Force officials up till May. Out of the 88, 44 are from Karnataka, and the remaining from other states. In 2022, 656 children were rescued, out of which 58 were from Uttar Pradesh, 20 were from Odisha, 19 were from Madhya Pradesh, 244 were from Karnataka, 29 were from Jharkhand, 154 were from Bihar, and 44 from Assam. In 2021, 484 children were rescued and were found to be from the home states of Assam, Bihar, UP and West Bengal, apart from Karnataka. This year, a majority of the rescued children were from Bihar (194), followed by Karnataka (109).

According to railways officials, the primary reason for children having to be rescued is running away from home, going missing, and child labour.

Child rights activists say that with more infrastructural opportunities in Bengaluru, it becomes a hotbed for child labour. "After Covid, there was a lot of migration. With big construction happening in Bengaluru and its outskirts, it's attracting child labourers. Children travel by train and arrive in Bengaluru. Even though they are rescued, more children come to the city looking for work. As per Child rights, there is prevention, protection, provision and participation. We need to make efforts to prevent such instances. We can prevent such instances by creating awareness in schools and larger," said Nagasimha G Rao, Director of Child Rights Trust.

> **"Child welfare committee should be set up and its members should be elected on an urgent basis to uphold child rights** – Activist

He added that other than Majestic and Yeshwathpur railways station, other railways stations don't have child line systems. Apart from rescuing children, they should be brought in front of the Child Welfare Committee (CWC), which are yet to be formed in Karnataka. "CWCs are the main system for the protection of children and must be in place. After Covid, there is no CWC. CWC members should be elected on an urgent basis to uphold the rights of children. It's vital to provide rehabilitation to avoid repetition of such behaviour," said Rao.

He added that awareness should be created among parents and in schools about child helplines to avoid such instances. Child rights activists say there is no physical system in place for these children to turn to without being rescued.

Away from home

Child psychologists say that children run away from their homes due to a slew of reasons like inhospitable home environments and the romanticisation of the running away propagated through films. "Child leaving home is the end result of various scenarios and highlights that lots of checks and balances have gone missing. The presence of averse factors and lack of factors motivating them to stay at home is what pushes them out. How the environment reacts to the child's academic difficulties and hyperactivity also plays a role. The supportive nature of the environment and having good role models can also play a vital role. Another side is children idolise a romantic notion of running away," said Dr Raghavendra Kumar K, Child & Adolescent Psychiatry, Rainbow Children's Hospital.

Look what's gone missing from train

RPF officials have discovered that taps and other fittings have been going missing two trains. Two miscreants were arrested by railways officials, and Rs.12,960 worth of items were recovered, RPF of Bengaluru division arrested Rangaswamy, 47, and Gandhi, 29, in KSR Bengaluru Railway Station on Friday. The miscreants hail from Srirampuram in the city and were allegedly stealing taps and other accessories from trains running on Bengaluru – Chennai and Bengaluru – Dharmavaram Sections. After several incidents of such thefts of taps and other carriage and wagon fittings were reported, a special team under Devansh Shukla, Sr. Divisional Security Commissioner, Bengaluru Divison, was formed. The team kept vigil over the activities of miscreants.

The team headed by AK Tiwari, RPF Inspector, Mandya, arrested Rangaswamy in KSR Bengaluru Station and later took Gandhi into custody.

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SC lawyer attacked, robbed near metro station

A 52-year-old Supreme Court lawyer was brutally assaulted and robbed by two men near Jalahalli metro station in the city. The lawyer chased down one of the accused. However, another accused escaped with his mobile phone and Rs 3,000 in cash.

Dasari Govind was returning to his flat at Jalahalli Cross from the metro station when the incident took place between 9:15 to 9:45pm on Tuesday.

"I was answering a phone call. One of the men came in front of me and grabbed my phone. When he tried to run away, I managed to catch him. However, the second man who was in the dark came to the aid of his accomplice and both of them started assaulting me. One of the men took my mobile phone and money from my pocket," said the victim.

CRIME FILES

A case of robbery with attempt to cause death or grievous hurt has been registered against the two accused under Section 397 of the Indian Penal Code. The Bagalgunte police of Peenya sub division have registered a case.

Crackdown on e-cigarette shops

Police raided shops illegally selling cigarettes, e-cigarettes, cigarette company pods, batteries and other accessories of banned e-cigarettes, and arrested two accused and seized products worth Rs 5 lakh.

According to the officer of CCB Women's Protection Division of Bengaluru, the shops were engaged in making money by selling electronic cigarettes and other filling materials and foreign cigarettes, which are banned in India, at the shop on MG Road. The accused have been found to be illegally bringing e-cigarettes, e-cigarette liquid and its accessories from foreign countries, into India and selling them. A case has been registered against at Cubbon Park Police Station.

E-bike catches fire, riders escape

An electric two-wheeler caught fire on Suranjan Das Road, next to BEML, on Saturday around 3 pm. The riders, both HAL employees, Don Bosco the rider and Stephen the pillion passenger, immediately exited the vehicle and escaped unhurt. The vehicle is worth Rs. 1.2 lakh which is said to have bought a year ago.

—BMB

Anekal 'pond' needs permanent solution

Absence of proper drainage system results in severe waterlogging, safety concerns

Iffath Fathima
Iffath.Fathima@timesgroup.com
TWEETS @BangaloreMIRROR

In an alarming situation that has gripped the residents of Anekal, the absence of a proper drainage system has resulted in severe waterlogging, transforming an entire road into a hazardous 'pond' of sorts. With every downpour, the water fails to recede, causing significant inconvenience and safety concerns for the community.

The frustrated locals have even taken to tagging the road on Google Maps as the 'Anekal Pond' to highlight their plight.

The road, located off Hosa Road and falling under the jurisdiction of Shantipura Panchayath and Public Works Department (PWD), is not under the purview of the Bangalore Bruhat Mahanagara Palike (BBMP) and lacks a functional drainage system. The residents' major concern is a huge ditch-like waterbody resembling a pond, situated opposite Notre Dame Academy and Mahaveer Orchids. This is leading to many accidents and creating problems with traffic as the road is in a bad state and people can only use part of the stretch that is not stagnating.

Commuters navigate the infamous Anekal 'pond'; this stretch, located off Hosa Road, falls under the jurisdiction of Shantipura Panchayath and Public Works Department and is not under the purview of the BBMP

"We are living in constant fear and distress due to the waterlogging situation in Anekal. Passing through that road is like a nightmare

– Resident of the area

Members from Citizens Movement East Bengaluru highlighted on Thursday that when a family was riding a motorcycle through the stretch, they fell into the water-filled patch. The incident sparked outrage among local citizens, prompting the Shantipura Panchayat to take action.

Attempts were made to address the issue by filling the 'pond' with wet mix, but this has proven inadequate, making the road even more slushy and hazardous.

A member from Citizens Movement East Bengaluru said, "We had previously attempted to seek assistance from the area's Congress MLA, Shivanna. Regrettably, the MLA cited the lack of funds due to his party not being in power.

He was unable to provide immediate aid. Now that his party has come into power, he has conveniently evaded the citizens' calls and meetings, leaving them in distress and disillusioned."

The citizens also disclosed that the Bangalore Water Supply and Sewerage Board (BWSSB) has further contributed to the deteriorating condition by continuous digging and incomplete road repair works, which have further disrupted the road.

A resident said, "We are living in constant fear and distress due to the waterlogging situation in Anekal. Passing through that road is like a nightmare.

School buses ply through the stretch, and there is even a school located close by. It is highly risky for the students. We demand immediate attention and resolution to this issue before more accidents occur."

Make space for children to play in peace

CONTINUED FROM PAGE 1

years. They organised the function for laying the foundation stone but did not bother to commence the work," said Vishwanath S, a resident of Swathanthra Palya.

The residents are apprehensive about the land allocated for the park as it is liable to be grabbed sooner or later. They said the more delay in commencing the development work the more the land is vulnerable to encroachment. "There are examples of diversion of storm water drains in the area. We urge the BBMP to commence the development of the park as early as possible. We badly needed a park as there is no park in the vicinity," said Krishna Murthy, a resident of Basavanapura.

The residents want the BBMP authorities to ensure basic amenities at the park. They demand that provision be made to have an exclusive play area for children at the park. "They must also plant as many plants as possible to ensure greenery. It will be a great help for children if the BMBP authorities install play equipment at the designated area," said Shiva Kumar N, a resident.

It is said the proposed park would be an ideal destination for senior citizens as it is being developed adjacent to Basavanapura Lake where a temple exists.

"As of now, senior citizens are depending on Basavanapura Lake to spend some time in the morning and evening. The proposed park will benefit senior citizens," said Anthony Swamy, a resident.

N Naveen Rao, the contractor assigned for the development of the park, told BM the work would begin soon and be completed in three months.

"There was a legal dispute over the land. Our MLA has helped to resolve the dispute over the land," said Naveen.

BBMP Executive Engineer (Projects) D M Muni Reddy has assured to look into the matter. "I will ask the contractor to commence the development of the park on the allocated land," said the executive engineer.

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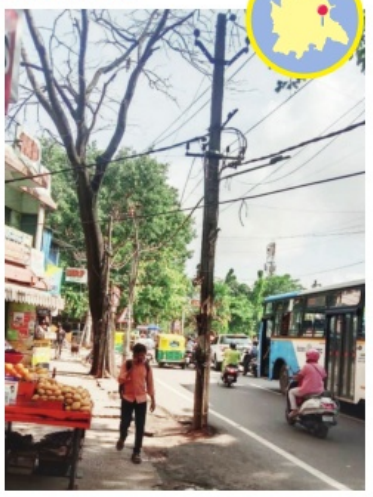
Safety hazard

Sultanpalya

On 14th Cross, Sultanpalya main road, BWSSB has dug up the road for repairs but left the spot without asphalting it.

Move the tree

Mathikere



A dead tree near the Mathikere signal poses a threat to pedestrians and moving traffic in the area

Bikers at risk

Richmond Town

The drain cover at the Serpentine Street/Myrtle Lane Junction in Richmond Town is uneven and causes frequent falls for people on bikes.

Human rights panel is headless body; complaints pile up

Its Chairman, members posts have been vacant for more than three months

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

If anyone is planning to lodge a complaint with the Karnataka State Human Rights Commission (KSHRC), they need to think twice before wasting their precious time. Their Chairman and members posts have been vacant for more than three months. Around 1,000 complaints have been received in the last three months, but none of them have been addressed to date.

"We have no authority to take up the investigation or summon the alleged accused persons based on the complaints. We can only receive the complaints from the public and preserve them until the new Chairman assumes office," said a KSHRC official.

According to the official, more than 10 complaints are received by the KSHRC every working day. "The term of the KSHRC members came to an end in February, and the Chairman's term ended in March. The previous government should have taken measures to appoint the members, but it did nothing. I am not sure when the process of selecting a retired judge for the post of KSHRC Chairman will begin as there is no Leader of Opposition to date. The BJP has to elect its Leader in the Assembly. The Leader of Opposition has to participate in the selection of KSHRC Chairman," the official said.

According to an official, more than 10 complaints are received by the KSHRC every working day; inset: The KSHRC Chairman's shut office

A public interest litigation (PIL) was filed by Sudha Katwa, an advocate, stating that the KSHRC has become defunct in the last three months due to the delay in filling up the vacant posts. According to the PIL, two posts of members have remained vacant since February 17 and 24. The KSHRC Chairman's post has been vacant since March 10, with the completion of the term of the previous chairman, Justice DH Waghela.

> **The KSHRC is not a government agency. Vacancies should not be filled up according to the whims and fancies of the state government** – R Manohar, Executive Director of CARE

"I am not happy with the functioning of the KSHRC, which is supposed to take up suo motu complaints pertaining to human rights violations," said Katwa.

The High Court has issued a notice to the state government to fill up the posts.

T Narasimha Murthy, an activist, said the KSHRC is an important organisation and has to play a key role in protecting human rights. "The police are violating human rights. The need of the hour is to have a chairman and members for the KSHRC. I still recall how the KSHRC chairman used to visit hospitals and police stations to ensure no violations of rights," said Murthy.

R Manohar, Executive Director of CARE, said the state government should have taken measures to select a judge for the post of KSHRC Chairman long before the end of the previous KSHRC Chairman. "The KSHRC is not a government agency or department. Vacancies at the KSHRC should not be filled up according to the whims and fancies of the state government," said Manohar.

Debt-ridden couple held for burglary

Karnataka Police on Saturday said that they arrested a couple in Bengaluru for committing a burglary to pay off their debts.

Sumanth and Likhita, both from Shivamogga, were in a live-in relationship and rented an apartment in the city's AGS Layout area.

According to the police, the couple started their relationship two years ago while they were studying physiotherapy.

They lived a lavish life and took loans. After the completion of their course, they returned to Shivamogga and the people who gave them loans started pressuring them to return the money.

The couple then hatched a plan to make easy money and clear their debts. They observed that their landlord in Bengaluru, Premalatha, possessed a good amount of gold jewellery, which they planned to steal.

They stole the jewellery and escaped from the apartment . Premalatha had lodged a complaint with Subramanyapura police and suspected the role of the couple who had visited her recently.

The police went to Shivamogga and took them into custody. They also recovered Rs 6 lakh worth of jewellery which the couple had sold off to another person.

– IANS

Parched B'luru's driest June in 6 years

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharvMIRROR

Bengaluru has set a new record by reporting the driest June in the last six years, and the same trend continues across the state. Due to inadequate rainfall, water levels in many reservoirs are rapidly depleting. Currently, only 17% of water remains in the state's reservoirs. Karnataka heavily relies on hydel reservoirs for power generation, but the situation is grim. Linganamakki has only 7% of water presently, Supa has 21%, and Varahi, 8%. In the Cauvery basin, which is crucial for drinking water supply to Karnataka, only 27% of water is left. Harangi has 32%, Hemavathi, 38%, KRS, 20%, and Kabini, 23%. In North Karnataka, Krishna and its tributaries serve as a lifeline, but the storage is only at 17%. Bhadra reservoir has 35%, Tunga Bhadra, 3%, Ghataprabha, 8%, Malaprabha, 19%, Almatti, 16%, and Narayanapura has the highest storage of 43% among downstream reservoirs on the Krishna river.

A rainy day in the city; IMD observatory saw 72.3 mm of rain in June

After experiencing the wettest May since 1957, the city has reported its driest June. According to a tweet by Bengaluru Weather, the IMD observatory received only 72.3 mm of rainfall in June, significantly below the average of 110.3 mm. HAL and Kempegowda International Airport received 151.1 mm and 64.9 mm of rainfall, respectively. This indicates a rainfall deficit of 34.45% in Bengaluru. Furthermore, South Interior Karnataka has a rainfall deficit of 56%, while North Interior Karnataka has a deficit of 54% for the first month of the monsoon.

> **The forecast for the upcoming days includes widespread light to moderate rains with isolated places experiencing heavy rains over Coastal Karnataka**

Bengaluru has been experiencing significant fluctuations in weather patterns. 2022 will be remembered for various weather records set in the city. The latest record is that Bengaluru received the highest rainfall in December in the past decade. According to the Bengaluru Weather Twitter handle, the IMD observatory in the city recorded 75.2 mm of rainfall, making it the wettest December in at least 10 years. Other notable records this year include the lowest November temperature since 2012, the lowest October temperature since 2008, and the highest annual rainfall of 1,849 mm until November, making it the wettest year since 1900.

Although the IMD had predicted normal rainfall for June, the statistics have proven otherwise. The IMD has once again forecasted normal rainfall for July. The weather forecast for the upcoming days includes widespread light to moderate rains with isolated to scattered places experiencing heavy rains over Coastal Karnataka. Scattered to widespread very light to moderate rains with isolated places having heavy rains are expected over the Malnad districts, while isolated to scattered very light to moderate rains are likely over South Interior Karnataka and North Interior Karnataka districts. Thunderstorms with lightning are also expected at isolated places across the state.

Link broken: What BPL cardholders stand to lose

Aadhaar effect: Of 1.28 cr cardholders, 6 lakh may not receive money under Anna Bhagya

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharvMIRROR

PIC FOR REPRESENTATION ONLY

The state government is prepared to pay for the 5 kg of rice

Approximately 6 lakh Below Poverty Line (BPL) cardholders may not receive money under Anna Bhagya scheme for now, as their cards are not linked to their bank accounts.

Gyanendra Kumar Gangwar, additional director (vigilance and public distribution), said, "We are currently in the process of data preparation, specifically checking ration cards that are linked with Aadhaar. There are 1.28 crore BPL cards, and we are verifying if the cardholders have bank accounts. Out of this, six lakh people have no bank account links. Some of them do not have bank accounts."

Additionally, even among those who have bank accounts, their Aadhaar may not be linked with their PAN. Creating a bank account should not be a problem, as there are banks or post offices available, even in rural areas. The data is being prepared and updated on NIC. After conducting financial checks, we will proceed with the processing and distribution of money, he added.

Furthermore, he stressed the importance of having an active link between Aadhaar and bank accounts, stating, "It will facilitate the data processing for us. We want to inform people that they can link their bank accounts with those of their family members and also check the e-KYC of the bank account. Otherwise, the money won't be transferred.

"Next month, we will attempt to filter out any fraudulent BPL cards. If anyone in the family has a government job, owns a four-wheeler, or possesses excess land, they will lose their BPL card status. The disbursement of money is expected to begin next month. We may distribute it in two installments. In the first installment, those who have a bank account will receive the funds, and in the second installment, we will ensure that their accounts are linked," he explained.

> **"Next month, we will attempt to filter out any fraudulent BPL cards. If anyone in the family has a government job, own a four-wheeler, they will lose their BPL card status** -GK Gangwar

In the meantime, Food and Civil Supplies Minister KH Muniyappa announced on Friday that the official launch of the Anna Bhagya scheme will take place in July. The process has already commenced, and efforts are being made to reach out to all the beneficiaries.

Regarding the current method of distributing money instead of 5 kg of rice, he said, "While we cannot provide an exact date for when we will resume distributing rice, we are committed to providing rice in the near future. The Chief Minister has expressed plans to distribute grains, and we may consider providing 2 kg of ragi and the remaining quantity of rice in South Karnataka. In North Karnataka, we may consider providing 2 kg of jowar along with rice."

If the Central Government had fulfilled the request to supply rice from their godowns, the state would have been able to distribute it, he added.

"We made a promise in our manifesto, and we will fulfil it. We are prepared to pay for the 5 kg of rice, but unfortunately, the Centre has failed to provide it. Despite our efforts to convince the Centre, we have been unsuccessful. We may resort to a public tender to procure rice," he further added.

Anna Bhagya money by July 10

Contrary to expectations, the government clarified that the disbursement of cash for rice under the Anna Bhagya scheme did not begin on Saturday (July 1). Chief Minister Siddaramaiah clarified the situation by stating, "We have stated that we will provide the money in July. However, we did not specify that it would be paid on July 1 itself. It is highly likely that we will distribute the money after July 10, but we are fully committed to initiating the distribution in July itself."

Hebbal: Ramp construction causes unusual traffic

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The Hebbal flyover is currently experiencing unusual traffic due to the construction of a 700-metre ramp from Esteem Mall to the Baptist Church at Hebbal by the Bangalore Development Authority (BDA).

Officials state that the new ramp will add two more lanes to the traffic entering the city, thereby relieving congestion on the Hebbal flyover. Despite the project being conceptualised in 2015, construction has only just begun.

Joint Commissioner of Police (Traffic) MN Anucheth, who inspected the area on Saturday, stated, "The construction of the additional ramp on Hebbal flyover is currently underway. The service road at Hebbal Police Station towards the city is closed, and all traffic from the service road is being redirected to the main carriageway, resulting in slow traffic movement towards the city. This work will continue until July 15, 2023. Commuters are advised to plan their travel accordingly."

The new ramp will add two more lanes to the traffic, relieving congestion on the Hebbal flyover

Gruha Jyoti: 'Free bills for only those registered'

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The Gruha Jyoti scheme, which provides free power to beneficiaries for up to 200 units of their bill, was initiated on Saturday. However, Energy Minister KJ George has clarified that registration for Gruha Jyoti is mandatory, and only those who have registered will be eligible for the benefits.

Meanwhile, Mahantesh Bilagi, the Managing Director of Bangalore Electricity Supply Company Limited (BESCOM), shared additional information.

"Starting on Saturday, the provision of free power came into effect, and the benefit will be reflected in the August bill. The state currently has 2.14 crore beneficiaries. Initially, during the registration period on June 17, there were some confusions, but the e-governance system has since resolved the issues, making the application process almost hassle-free. There have been days with over a million registrations across the state," he said.

The registration process is ongoing, and people can even register in person at our counters, as they are currently vacant. A notification was issued on June 15, providing them with 53 slabs to consider for new houses or when shifting tenants. BESCOM is also working on the bill format and seeking government approval before sharing further details, he added.

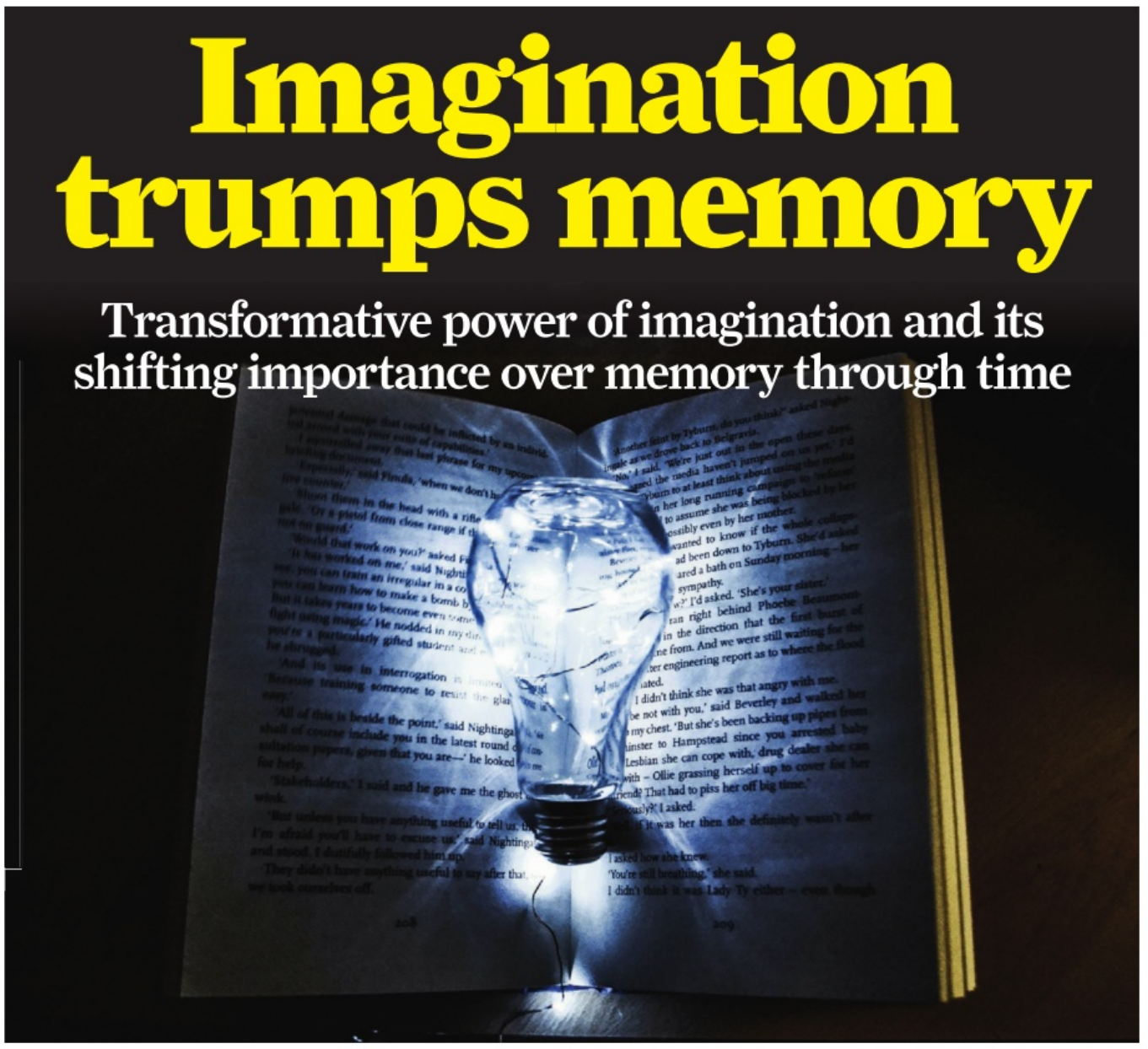
Regarding complaints of increased power bills, Bilagi said, "The confusion around Gruha Jyoti's implementation caused a delay in the billing cycle from June 1 to June 7, resulting in an additional seven days worth of charges. Furthermore, some bills included arrears due to increased rates. Moving forward, we assure you that there won't be any technical issues. We are aware of complaints regarding fake links, and our IT team is actively addressing the matter while raising awareness among the public to avoid unofficial links.

"We are diligently implementing and improving the scheme. Beneficiaries have applied via Seva Sindhu, and the e-governance department is transferring the data to us for review. The exact amount of free electricity entitlement for each household will be communicated to the beneficiaries through their August bill," he explained.

THE SUNDAY READ

Imagination trumps memory

Transformative power of imagination and its shifting importance over memory through time



| Abhijeet Kabad
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Imagination was once regarded as a disease, says literary critic GN Devy; Melancholia was also perceived to be a physical disorder

Imagination, once considered a disease, has gained more importance over memory," said literary critic GN Devy during his talk on 'Imagination, Memory, and the Future' at the Museum of Art and Photography (MAP) in the city.

According to Devy, human intelligence relies on two faculties: memory and imagination. He explained, "To grasp reality, the brain relies on memory and imagination. Imagination allows us to understand space, while memory helps us construct time by connecting fragmented dots. Through the combined use of imagination and memory, the human intellect attempts to conceptualise the nature of the reality that surrounds us."

Imagination was regarded as a disease before the time of William Shakespeare in England. Devy explained, "Melancholia was perceived as a physical disorder rather than a mental one. It was considered a disease that affected women more than men. Shakespeare challenged this notion in his play King Lear, where even the king succumbs to melancholia, making detrimental decisions for his kingdom and family."

This view prevailed not only among doctors but also among philosophers, artists, and the general public for nearly two centuries. Thomas Hobbes further developed this idea, suggesting that when melancholy afflicts the brain, one starts seeing non-existent goblins, ghosts, and witches. Melancholy causes a complete distortion of the world around us, which Hobbes attributed to imagination.

As Europe transitioned into the scientific era, imagination was considered anti-national, anti-people, and anti-natural. Devy noted that the appreciation for imagination began to change in the 18th century with the emergence of the 'romantics,' a group of poets and artists who attacked memory and praised imagination as a tool for grasping space in the mind.

He explained, "The romantics positioned imagination precisely at the time when Europe was expanding its geographical boundaries. The European search for new space indirectly generated a philosophy praising imagination as the tool for grasping space in the mind. William Wordsworth, for instance, asserted that whatever the imagination conceives as truth is real, whether it existed before or not. The imagination captures it as being there."

Wordsworth spent his entire life searching for a transformative moment from his childhood when he believed he had brought time and space together. He referred to that magical moment as the 'moment in space'. Devy added, "He could never find it again, and his melancholic tunes, lines, and poetry revolved around that elusive moment. His work 'The Prelude' was entirely centred on that childhood experience, longing to relive it."

The clash between memory and imagination existed not only in Europe but also across different times and civilizations, including between Socrates and Plato and among philosophers in India. Socrates aimed to separate shadows from substance, but Plato believed that memory would not allow it, leading to a clash between memory and imagination.

In the Indian context, Devy referenced the Bhagavad Gita, which warned about the destructive effects of anger and the loss of memory or amnesia. The Gita emphasised the importance of clear memory and mental poise for intellect.

Devy also mentioned two philosophers: Kundakunda, a Jain philosopher who proposed that time exists as a granular form rather than a continuous stream, and Kanda, who argued that time is an illusion of flow. Kanda believed that continuity does not truly exist, but one can perceive fragments of small dots of time when getting closer to the flow. In essence, there is no singular time.

'Form committee to cater to masses'

Petition says all planning of the city should be undertaken from ground up

| Bangalore Mirror Bureau
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Environmental Support Group (ESG) has written a petition to Deputy Chief Minister DK Shivakumar, appealing to the state government to constitute the Metropolitan Planning Committee (MPC) for the city. The petition states that all planning and administration of the city should be undertaken from the ground up through Ward Committees and their sub-units, known as Area Sabhas.

The petition alleges that previous governments' initiatives, which involved consultation with industry captains among others, have only benefited the elite class. It emphasises the need for the formation of the MPC, stating, "This initiative, which took the form of the Bangalore Agenda Task Force during the S M Krishna-led administration from 1999-2004, resulted in privileging elite interests and diverting financial resources to projects

The petition says that previous' initiatives have only benefited the elite class

Environmental Support Group writes to DK Shivakumar, appeals state government to constitute Metropolitan Planning Committee in city

that favoured their imaginations, thereby denying the masses their rightful benefits. Subsequently, the BS Yediyurappa administration attempted a similar approach through the Agenda for Bengaluru Infrastructure and Development Taskforce and Plan Bengaluru 2020, which also skewed resources, financial, human, and material, to serve the cause of the elite."

The petition further expresses hope that 31 years after the enactment of the Constitutional 74th Amendment (Nagarpalika) Act in 1992, which aimed to decentralise urban administration and devolve power to the local government, the current government will make genuine efforts for reform. ESG demands immediate constitution of the MPC and urges the government to take all necessary measures to ensure democratic governance of Bengaluru through an elected council.

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

HELLO THERE...

A dog was out for a hunt in the water, but the spot-billed ducks got alert and flew off

The picture was clicked by BM reader **Vijita Asher**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

'It's time to repair and fix New Tharagupet'

Bustling market area lacks proper waste management, roads; traders demand focus on repairing potholes and resurfacing paths

Though the old business areas generate a lot of revenue for the Bruhat Bengaluru Mahanagara Palike (BBMP), the infrastructure is pathetic.

Traders say that New Tharagupet is a vibrant hub, known for its bustling markets and diverse range of goods, and holds immense economic importance, generating significant revenue for the government. However, amidst its bustling atmosphere, the area is grappling with two critical issues: deteriorating road conditions and a mounting garbage dumping problem.

Shivakumar, a trader, said, "The deplorable state of the roads stands as one of the most pressing concerns in the market area. Once well-maintained, these roads have now deteriorated to the extent that they hinder smooth transportation and pose safety hazards. Potholes and uneven surfaces have become a common sight."

The adverse road conditions not only inconvenience commuters but also have a negative impact on businesses in the area.

Shanmuka D, another trader, told Bangalore Mirror that transporting goods to and from the market has become a challenging task, affecting traders, shopkeepers, and the overall supply chain. Another significant challenge plaguing the area is the mounting problem of garbage dumping.

"Despite its economic significance, the region lacks a proper waste management system, leading to indiscriminate dumping of garbage in public spaces and along the streets. The consequences of uncontrolled garbage dumping are far-reaching. It not only degrades the aesthetic appeal of the area but also poses serious health risks to residents, visitors, and shopkeepers," he said.

The accumulation of waste attracts pests such as rats and stray animals, further exacerbating the issue. Additionally, the foul odour emanating from the garbage affects the overall ambiance and creates an unsanitary environment for everyone, he added.

> **"The state of the roads is one of the most pressing concerns in the market area**
>
> –Shivakumar, a trader

Dhyan Chand, another trader, said,"Given that this area generates substantial revenue for the government, it becomes crucial for the authorities to promptly address these pressing issues. The responsibility lies with the BBMP to improve road conditions and tackle the garbage dumping problem. The government should invest in comprehensive road infrastructure rehabilitation, focusing on repairing potholes and resurfacing roads. Regular maintenance and periodic inspections should be undertaken to prevent further deterioration."

— Debayan Sen and Dankan Narayanaswamy

Potholes and uneven surfaces have become a common sight in the market area in New Tharagupet

DID YOU KNOW?

Sadashivanagar is one of the most prosperous residential localities in Bengaluru. The neighbourhood was established by converting the royal gardens. It is notable for housing one of the original four towers constructed in 1597 by Kempe Gowda I, who founded the city. Until the 1990s, it was referred to as 'Palace Orchads'. It was later named Sadashivanaga to pay tribute to Karnad Sadashiva Rao, who was a notable freedom fighter. Rao was also known for his philanthropic work. Its nearby areas are Malleswaram, BEL Road, MSR Nagar, Sanjaynagar, Mekhri Circle, and more. It also houses one of the gates of Sankey Tank.

GET HEARD WITH MIRROR

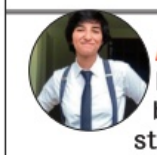
9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

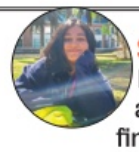
TAPTHECHATTER

where Bengalureans speak their mind

Tell us about some experiences that you feel can be had only in Bengaluru...



Ananya Zharotia, BM Reader
Every city might have bookstores, but Bengaluru has 'the' bookstore—the one and only Blossoms. It is a place I end up without planning.

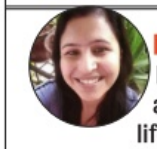


Sunidhi Wahii, BM Reader
Bengaluru's weather and traffic are common to me as the only defining features of college, but there are some things that I've only experienced here. Finding lakes within a few kilometres, spending time with my friends and family during brisk walks, and more.

Nilanjana Gupta, BM Reader
I stumbled upon a stall selling a unique concoction—a spicy ice cream sandwich! I couldn't resist trying it, and the combination of hot and cold, sweet and spicy, was mind-blowing. It was a true adventure for my taste buds.

Tanisha Alex, BM Reader
Bengaluru offers an exciting array of experiences. Dive into the pulsating nightlife with its trendy clubs and live music scenes. Explore the art and music festivals and immerse yourself in the youthful energy of this dynamic city.

Daniel George, BM Reader
I decided to challenge myself and conquer my fear of heights by going bungee jumping at Wonderla. Standing on the edge of the platform, I took a deep breath and leaped into the air. It was a thrilling experience.



Daisy Sarma, BM Reader
I migrated to Bengaluru 18 years ago and have been living a quality life here. There are tons of beautiful experiences for me that have made me love this city. The abundance of greenery, awesome weather, and quality education.

SPEAK TO US

What is the way to reduce the dependence on individual vehicles and increase patronage for public transport?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

Wildlife choking due to plastic left behind

CONTINUED FROM PAGE 1

raised concerns among veterinarians and organizations working in this area.

"We have come across deer with plastic stuck inside their guts. In most cases, we identify the issue only after the animal has passed away and we conduct a post-mortem. Although plastic items ideally should pass out, sometimes it gets stuck in the intestinal loop and starts gathering rubbish, leading to infection. The plastic acts as a conduit and starts attracting trash and blocks the passage," said Dr. Roopa Satish, senior veterinarian, at Wildlife Rescue and Rehabilitation Centre, Bengaluru.

Wildlife experts and veterinarians say once wild animals ingest plastic and it creates a blockage, it debilitates the animal. While they already live a harsh life in the wild, plastic in their system makes the situation precarious.

"Even if the plastic is not blocking the food passage completely, it compromises the digestive ability and thus the animal starts getting weaker and its ability to survive in the wild goes down drastically. Their ability to run from predators and susceptibility to infection and parasites increases multifold. Soon, the animal is suffering from impaction leading to death," said a representative of a rescue centre in the city.

Villages located on forest fringes and municipalities discarding the city's garbage in the wooded area are the cause of concern. Heaps of garbage attract wild animals including elephants and deer, leading to the ingestion of plastic.

"Forests should be out of bounds for humans and if they are allowed in, plastic items should be banned. People are going into the forests and leaving behind footprints in the form of plastic that ends up harming wildlife. Bannerghatta also has many porous gaps and despite all the surveillance in place, the area is littered with plastic," added Dr Satish.

Experts say this also impacts the area's ecology as animals become dependent on garbage and stop foraging.

"People going to forest areas for recreational purposes should be made aware of the harmful impacts of littering these areas with plastic items. Forests are not our parks or playgrounds, and wildlife is highly sensitive to us," said a city-based wildlife activist.

Maha bus fire: 25 charred to death; driver's error suspected

#Nagpur

Twenty-five passengers were charred to death when the private bus they were travelling in caught fire after hitting a pole and a divider on the Nagpur-Mumbai `Samruddhi Expressway' in eastern Maharashtra's Buldhana district in the early hours of Saturday, police said.

Eight persons, including the driver and `cleaner' (driver's assistant) survived. A case for negligent driving was registered against the driver with police believing, prima facie, that he dozed off and lost control of the vehicle. The private sleeper coach bus was on its way to Pune from Nagpur when it met with the accident around 1.30 am at Pimpalkhuta village near Sindkhedraja, 130 km from Nagpur.

"After hitting the pole and divider, the bus overturned and fell on its right side with its entry/exit door facing the sky. Within minutes, the vehicle caught fire. Some of the passengers were able to come out through broken windows from the rear side," a senior police official from Buldhana said.

As most victims' bodies were charred beyond recognition, the authorities have decided to conduct DNA testing to identify them before handing them over to the relatives. Maharashtra Chief Minister Eknath Shinde ordered a probe into the accident and announced an ex-gratia assistance of Rs five lakh for the families of each deceased. President Droupadi Murmu, Prime Minister Narendra Modi, Union Home Minister Amit Shah and other leaders expressed grief over the loss of life.

A case was registered against the driver after questioning, said Buldhana Superintendent of Police Sunil Kadasne. The bus belonging to Vidarbha Travels had left Nagpur for Pune at 4 pm on Friday. It stopped at Karanja in Yavatmal district for dinner. After the halt, the bus travelled around 150 kilometres in about two and a half hours at average speed of 60-70 kilometres per hour, said a police official.

"The speed of the vehicle may not be the issue," he said, adding that prima facie it seems to be the result of a "human error".

"The driver might have nodded off. The bus went to the right side and first hit the crash barrier and then the divider," he said. A local resident said the survivors told him that they sought help from passengers of other passing vehicles on the highway, but nobody stopped.The driver claimed that there was a tyre burst, officials said. But Amravati Regional Transport Office (RTO) stated in its report that it could not have caused the accident as there were no pieces of rubber or tyre markings at the scene indicating a tyre burst.

PM Modi had inaugurated the 520-km-long phase-1 of the Nagpur-Mumbai Samruddhi Mahamarg in December last year.

CM Shinde and Deputy Chief Minister Devendra Fadnavis visited the accident site in the afternoon.

The shell of the completely burnt bus could be seen lying at the site with some half-burnt bags and mobile chargers of passengers scattered around.

Shinde termed the accident as "unfortunate" and stressed the need for drivers on the expressway to exercise caution while driving.

Speaking to reporters at the accident site, he said measures would be taken to prevent accidents on the Nagpur-Mumbai Samruddhi Expressway. —PTI

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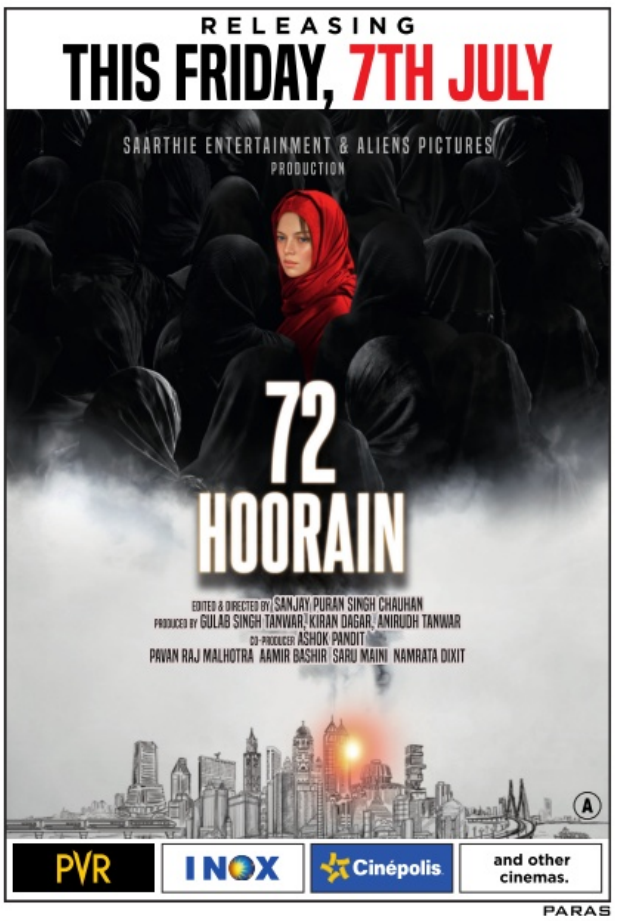

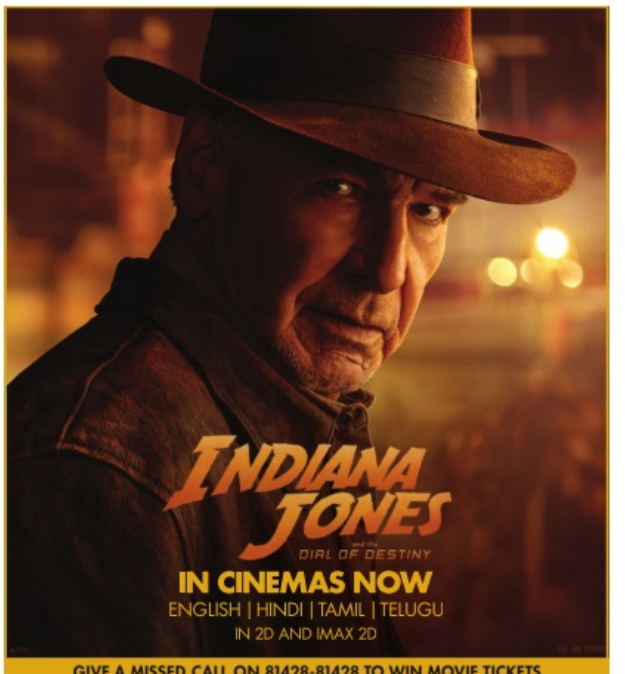
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PVR CINEMAS {Bhartiya Mall Of Bengaluru, 8:40 a.m., 3:20, 10:00 p.m. | Phoenix Marketcity Mall, 8:40 a.m., 12:00, 6:40 p.m. | Forum Mall, Koramangala, 8:40 a.m., 12:00, 6:40 p.m. | Vega City, 9:10 a.m., 3:50, 10:30 p.m. | Orion Mall, 9:10 a.m., 3:50, 10:30 p.m.} | CINEPOLIS CINEMAS {Shanthiniketan, 1:00, 6:50 p.m.}.
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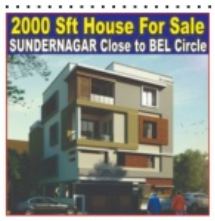

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I, SRIVATSA ATREYA GOVINDA RAJU R/at R.P.Sahyadri Nilaya 401, B Block Chikka Pullappa Layout Horamavu Mamata Pharmacy Road, Bengaluru- 560043, have changed my name to SRIVATSA ATHREYA GOVINDA RAJU vide affidavit dated: 1/7/2023 Before Notary K.V.Mani Bengaluru.

I, H.Y. VIJAY KUMAR S/o Yellappa H.K, residing at #16, Sri Balaji Nilaya, Opp. to Shobha Wind Fal Apartment, Amruthahalli main road, Bangalore-92 have changed my name to H.Y. VIJAYAKUMAR vide affidavit dated 07.06.2023 sworn before notary B. Hanumantharaya, Bangalore.

I, Sangeetha Jeethander Kumar w/o Deepachand Jeethander Kumar R/o 75/76, 2nd floor, NRI layout, 2nd stage, Kalkere, Ravanna layout, Bengaluru 560043 have changed my name to Sangeetha Devi affidavit Dt.01/07/2023 notary Harisha G, B'luru

I, Raghavendra M R, R/o. Block-C 127, Pariwar Passion Apts, Doddakammanahalli, Begur Hobli, B'luru-560076 have changed my minor Daughter name from Bavanya M R to Shravya Mulpur affidavit Dt.01/07/2023 notary Harisha G, B'luru

I Rohit Parsatwar R/o Klassik Landmark, Euryops Tower, Flat No-1B, Near Amritha College of Engg., Choodasandra, Junnasandra, Bengaluru-560035 have changed my name to Rohit Rajeshwarrao Parsatwar for all purposes.

I, CHINMAYI, Residing at #35, Vysya Bank Colony, BTM 2nd Stage, Bangalore -560076, have changed my name to CHINMAYI CHANDRA SHEKHARA, vide affidavit dated 01/07 /2023, sworn before notary M.K.Devaki, Bangalore.

I, Raja Durga Saroja W/o Sai Pavan Kumar Bandaru, R/o Plot No.132, TCP Layout, Old Chandapura,, Bengaluru 560099 have changed my name to Durga Saroja Bandaru, affidavit Dt.01/07/2023 notary, Harisha G, B'luru

I, Mahesha Narayana Swamy s/o Narayana Swamy H R/o Santhekallahalli, Chinthamani Taluk, Chikballapur-562101 have changed my name to Mahesh Narayana Swamy for all purposes.

I, A M. Manohar R/O No 93 NTI Layout Kodigehalli B'lore-92 changed my name Manohar to A M. Manohar for all future Purposes.

I GULNAZ BEGAUM W/o Syed Rahamathulla R/o No:- 12 3rd flr 1st Crs BCC Attiguppe Chandra Layout Bangalore 40 Have changed my name to GULNAZ BANU for all purpose

I,A M. Sangeetha R/O No 93 NTI Layout Kodigehalli B'lore-92 changed my name M. Sangeetha to A M. Sangeetha for all future purposes.

I, A M. Keerthana R/O No 93 NTI LAYOUT Kodigehalli B'lore-92 changed my name Keerthana to A M. Keerthana for all future purposes.

I SYED RAHAMATHULLA MAHAMOOD s/o Syed Mahamood R/o No:- 12 3rd flr 1st Crs BCC Attiguppe Chandra Layout Bangalore 40 Have changed my name to SYED RAHAMATHULLA for all purpose.

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HEALTH TIP: Fat-soluble vitamins (A, D, E, and K) dissolve in fat and therefore can accumulate in the body

Watersoluble vitamins (C and the B) must dissolve in water before they can be absorbed by the body, and therefore can't be stored, meaning we must consume them every day

All you need to know about

Mindful eating

What is it?
Windful eating involves paying attention to what you're putting into your body while being fully aware of the effect it has on your body and mind. It emphasises savouring and fully absorbing the flavours, textures, and fragrances of food.

What does it do?
This enjoyment is a crucial component of self-love, as it enables you to honour your body's need for pleasure and find joy in nourishment. One of the principal gifts we can give ourselves, food has the potential to heal and nourish us so that we can perform our best in life. However, owing to what we eat and how often, it could also be detrimental to our wellbeing.

How to practise it?
If you've ever tried to change your diet, you may notice that it's only sustainable when done from a point of love and compassion, not restriction and shame.
The truth is, we simply can't loathe ourselves into getting healthier, says Kripa Jalan, Harvard-trained nutritionist.

Some steps to do it...
Be grateful for the food on your plate. Take a few seconds to look at it and say a little prayer before you eat. Believe that the food you're eating is nourishing you. This will help you make healthier choices and feel more connected to the nutrients you're receiving.
Be aware of what you're eating as you eat it: By focusing on the taste, texture, and sensations of each bite, you can develop a deeper connection with your food.
Eating in a calm environment, free from distractions like television, computers, or phones, allows you to fully concentrate on your meal.
Avoid eating while stressed, angry, or after a fight as these emotions can disrupt the normal functioning of your digestive system, says lifestyle educator Karishma Chawla.

—From Femina

TO THE TEA

Why do we love this beverage so much

"Tea is a great conversation starter: Bonding over tea hits differently and it can help you even pour your heart out to friends

Beginning our day by sipping hot tea is a routine practice in India. Besides, it inculcates a sense of community among the people. Being an affordable beverage, tea is loved by one and all irrespective of socioeconomic differences. Chai is an important part of the hospitality culture of India and is the go-to choice for every occasion. With a country that believes in 'Atithi Devo Bhava', you just can't let a visitor go from your house without serving them your specialty tea. If you are curious why tea is so important in India, give this article a read.

When every season is the chai season: The love for tea knows no bounds (and seasons); be it the chilling winter or the sweltering summer days, chai lovers root for their favourite beverage irrespective of the weather. Not to forget the monsoon when the combination of pakora with chai heals everyone's souls amid the pitter-patter of the rain. The spices in chai, such as cinnamon, ginger, and cardamom, are naturally warming and can help boost circulation and provide a sense of comfort on chilly days.

Your best buddy in fitness journey: Full of antioxidants, tea serves more than a source to refresh your soul. Chai is a natural source of caffeine which can help boost energy levels and improve focus during your workouts. Coming in different flavours, certain teas, for instance, honey green tea revitalize the body and help in losing belly fat. Add a dash of your favourite spice to the tea: cinnamon, ginger, clove, or cardamom, and you have the best-tasting tea with health benefits.

Beating the office blues: By enhancing your concentration and energising, beating Monday blues or in general the stress of nailing important office meetings becomes a tad easier when you have charged yourself with your favourite caffeine-packed cuppa. Tea lovers go by the motto 'United we stand' thus always finding ways to draw others of their type.

Sense of belonging: One may even find their clique at tapris (small tea stalls that can be spotted on every other road in the country). From being acquaintances to becoming friends that bond over topics ranging from the latest political developments to discussing finances to sharing life experiences, tea catalyses connections. Indulging in tea with the right person leads to everlasting memories. Besides, the most common remedy to provide comfort and healing for colds and headaches is a steaming cup of tea made with love and care.

A great conversation starter: bonding over tea hits differently. Ever found yourself in a situation where you do not know where to start pouring your heart out when things get a bit overwhelming? Well, spending quality time with a trusted family member or friend over a cup of tea helps unload the burden, as chai gives us much-needed warmth.

When snack time means chai time: Whenever the hunger pangs begin to bother and the time to have the regular meal is a couple of hours away, chai with biscuits is the go-to choice for tea connoisseurs to beat that hankering. To unwind after a hectic day at school or work, tea is the best beverage we look forward to.

Not liking tea can be difficult when there are so many reasons to go head over heels for this beverage. Tea, for one, is a great conversation starter. Unlike seasons, the love for tea never changes for a tea enthusiast. It is not just a beverage but an emotion that unites people.

(Parimal Shah, Cherise India Pvt Ltd for IANS)

Water fast may help, but not for long

Water fasts, in which participants consume only water for a period of time, may help with weight loss, but it's unclear how long it will remain, according to a study from the University of Illinois at Chicago. The researchers also found that the other metabolic benefits of water fasts, such as lower blood pressure and cholesterol, seemed to disappear shortly after the fast.

The study was published in Nutrition Reviews.

According to Krista Varady, professor of kinesiology and nutrition and the study's lead author, there do not appear to be any significant negative effects for those who adhere to water fast or a similar fast in which they consume very few calories per day.

"My overall conclusion is that I guess you could try it, but it just seems like a lot of work, and all those metabolic benefits disappear," Varady said. She stressed, however, that no one should undertake one of these fasts for more than five days without medical supervision.

Varady, an expert on intermittent fasting, said she wanted to study water fasting because she suddenly started getting contacted by journalists last fall who wanted to hear what she thought about it. She figured if she was going to comment, she should investigate the existing research.

The new paper is a literature review of eight studies on water fasting or Buchinger fasting, a medically supervised fast that is popular in Europe where people consume only a tiny amount of juice and soup a day. Varady's team looked at the results from each of those papers to see what story they cumulatively tell about the fasts' impact on weight loss, as well as a number of other metabolic factors.

Only a few of the studies in the review tracked whether participants gained back the weight they had lost once the fast ended. In one of those, people gained back all they had lost in a five-day water fast within three months. In two other studies, only a small amount of the lost weight returned, but those studies encouraged participants to restrict their calorie intake after the fasts ended.

In contrast, it was clear that the metabolic benefits of the fasts disappeared soon after the fasts ended. Improvements to blood pressure, cholesterol and blood sugar levels were short-lived, returning to baseline levels quickly after participants started eating again.

ANI

Blessed...
Parineeti Chopra visited Golden Temple with Raghav Chadha and credited him with making the visit special

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SAVE YOUR KISSES

Priyamani explains why she has a no-kissing clause in films

Priyamani, who is a known face in both Bollywood and south film industry, has always maintained her no-kissing clause in films. The actress says that her decision is out of consideration for her husband and family.

In an interview with a news portal, Priyamani said that although she knows that it's just a role and it's her job but on a personal note, she won't be comfortable if she has to kiss another man onscreen, simply because she has to be answerable to her husband.

Elaborating further, she added that she feels it's a responsibility from her end. Even when she was seeing her husband, she never got any role where she had to kiss somebody and even if she did, she would definitely tell them that she is awkward.

The actress went on to add that even though her family and in-laws are supportive of her career, she doesn't want to put them in any awkward situation when they see her films.

According to her, they will not voice it out but it's her personal choice.

—ETimes

Amber is very much here

Hollywood actress Amber Heard has in delight reflected on her "unforgettable weekend" after returning to the spotlight at the Taormina film festival in Sicily to promote her new film.

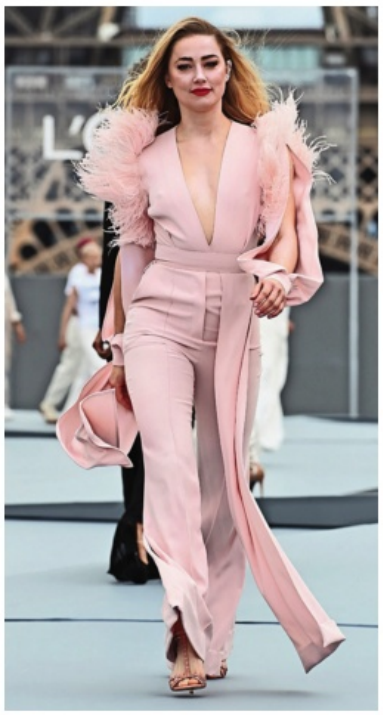
It had been a trying time for the 'Aquaman' star after she was sued last year by her ex Johnny Depp for defamation following a 2018 article for the Washington Post in which the 'Pirates of the Caribbean' star's lawyers said she accused him of being an abuser despite no names being mentioned in the piece, reports Mirror.co.uk.

Following an intense six-week trial in Fairfax County, Virginia, jurors returned a verdict in the actor's favour. In December, Amber made the "very difficult decision" to reach a settlement in the case.

As per Mirror.co.uk, Amber certainly looked like she had put the past behind her as she attended the premiere of her first film since the highly publicised trial.

Taking place at the Taormina Film Festival in Italy, the 37-year-old actress looked thrilled to promote her new movie 'In The Fire'. Set in 1899, the movie follows a 38-year-old American psychiatrist who is called to solve the case of a disturbed child in Columbia after severe accusations that the child is in fact the Devil.

Amber was sure to reflect on her experience at the festival, sharing a smiling Instagram snap of herself with a microphone in hand.



"Thank you for such an incredibly warm reception at the Taormina Film festival for my latest movie In the Fire. It was an unforgettable weekend. #InTheFire," she wrote in the caption.

The Instagram post comes after she admitted that she has had to learn over time that she was not always "in control of stories other people create" around her, but vowed it would not stop her." —IANS

Vulnerable lives

NANU KUSUMA
3.5 RATING ★★★½☆
- **DIRECTOR** Krishne Gowda
- **ACTORS** Krishne Gowda, Greeshma Sridhar, Sanatani, Prathibha, Kaveri Sridhar, Vijay
- **CERTIFICATION** U
- **Duration** 105 minutes

Nanu Kusuma is based on a short story written by Dr Besagarahalli Ramanna. The movie portrays the plight of hapless working women, especially nurses who want to serve patients at government hospitals. The movie also throws light on rowdy elements and lecherous authorities working at the government hospitals who go to any extent to quench their sexual desires.

The movie begins with Anita (Sanatani) experiencing a nightmare about the safety of her daughter. She asks her mother Geetha (Prathiba) whether her two-year-old daughter will be safe in the future. Geetha asks Anita to put clothes in the washing machine. She finds a pack of condoms in the pocket of her father Dr Shivalingappa's (Kaveri Sridhar) trouser.

Tthe director introduces Rajappa (Krishna Gowda) who works at a government hospital mortuary. Rajappa wants his daughter Kusuma (Greeshma Sridhar) to become a doctor to serve patients from poor families but destiny has other ideas. Rajappa dies in an accident. Kusuma drops out of a medical college due to financial problems. She gets a job as a nurse on compassionate grounds and begins working at the government hospital where her father worked. She earns fame for working hard to serve patients. A few bad elements have an evil eye on Kusuma. Will Kusuma succeed in serving the patients and what is the reason for Anita to worry about the safety of her daughter is what the movie Nanu Kusuma is all about.

Director Krishne Gowda has succeeded in showcasing how difficult it is for a nurse to work sincerely amidst people with vested interest. The film has some hard-hitting and meaningful dialogues and shows how difficult it is for a lone young woman to lead life in society.

Among the actors, Greeshma Sridhar walks away with all honours. As an affectionate daughter, concerned nurse, hapless woman, she shines in all the shades of her character.

This film is a must watch for all.

—Y Maheswara Reddy

Booze, smoke, and friendship

BANGALORE BOYS
3.0 RATING ★★★☆☆
- **DIRECTOR** Gurudatha Ganiga
- **ACTORS** Chikkanna, Sachin Cheluvarayaswamy, Chandan Achar, Vainidhi Jagadish
- **CERTIFICATION** A
- **Duration** 141 minutes

The movie is about four friends – Arjun (Sachin Cheluvarayaswamy) Gowda (Chandan Achar), Nikhil (Rohith Bhanuprakash), Sandy (Abhishek Das) – who want to lead a carefree life. They join the same college and spend time boozing and smoking without focusing on education.a

Eligible bachelors that they are, they make a number of attempts to get a life partner. Arjun succeeds in winning the heart of his high school mate Geeta (Vainidhi Jagadish) while Sandy, who plays the guitar, falls in love with Sony (Neha). But Nikhil and Gowda are not that lucky and they get disappointed at each attempt.

Meanwhile, Sony insists Sandy be prepared to leave for the US with her to lead a luxurious life. An unfortunate and unexpected incident, however makes Sony choose another person as her life partner. The breakup makes Sandy shocked and he ends up in getting admitted to a hospital where he is diagnosed with cancer. At this juncture, the director introduces Raju (Chikkanna), a software engineer, who miserably fails in family life. What happens to Sandy and what his friends do to get treatment for him is what Bangalore Boys is all about.

The movie has a number of smutty dialogues and several smooching scenes. It also has comic scenes, most of which are aimed at making fun of girlfriends.

As far as the performance of the actors goes, Sachin Cheluvarayaswamy looks comfortable but fails to impress the audience. Chandan Achar and Rohith Bhanuprakash have acted well and their dialogue delivery is good too. Abhishekh Das and Neha, as lovers, have tried to outdo each other in the kissing scenes.

Vainidhi Jagadish walks away with all honours for her bold and beautiful performance in romantic scenes. Veteran character artist Umesh makes a brief appearance but his comments on karabath and sambar are quite amusing. The song – Neenene Beku – is romantic. Bangalore Boys reminds me of the Telugu movie Hushaaru that was released in December 2018.

You can watch it, but only if you have nothing else to do.—Y Maheswara Reddy

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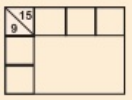
@BangaloreMirror

SOLVE IT IN A MINUTE

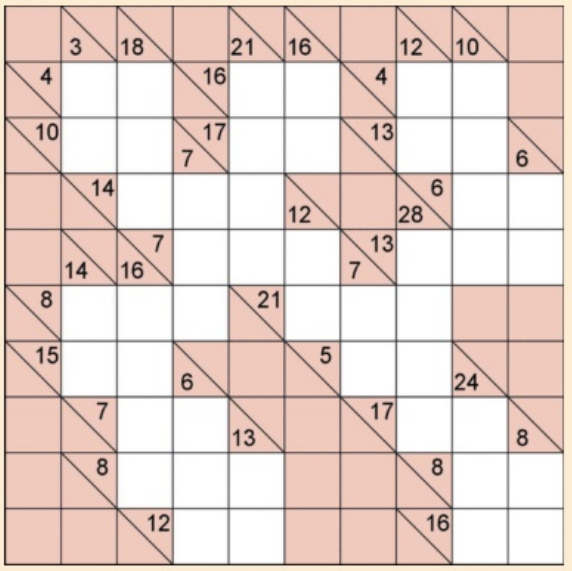
$6^0+6^{0!}+6^{0!^2}=?$

Kakuro

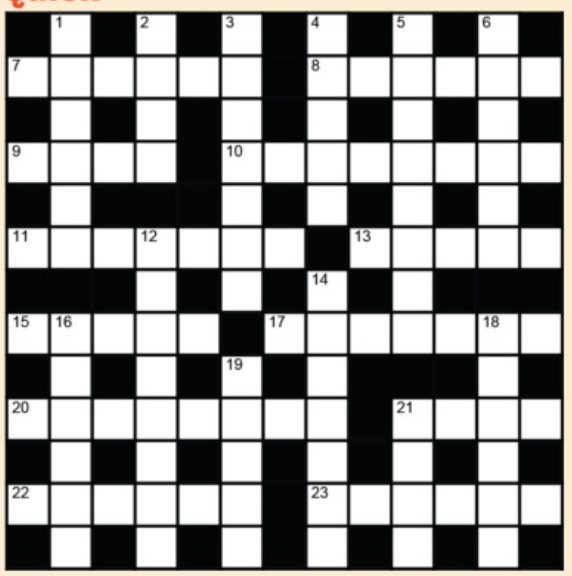
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Fireplace shelf (6)
8 Neck-cloth (6)
9 Sluggish (4)
10 Bombarding with explosives (8)
11 Mixed or agitated (7)
13 Disreputable (5)
15 Ward off (5)
17 Santa's reindeer (7)
20 Equity (8)
21 Hitting sticks (4)
22 Makes good (6)
23 Lending a hand (6)

DOWN

1 Pill (6)
2 Put away (4)
3 Glittered or scintillated (7)
4 Dull continuous pains (5)
5 An uproar; much ado about nothing (8)
6 Mended a sock (6)
12 Respectful (8)
14 Putin's compatriot (7)
16 Karnataka's popular idli variant (6)
18 Obvious and distinct (6)
19 Dirty or filthy (5)
21 Flowers to be (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: N EQUALS T

FRW FZ NQW AIWONWKN BOXRK NF QEPOR RONEIW XK NQW BOXR FZ O RWD XJWO.

Linemaro

They say you fall in love only once, but I don't believe it. Every time I see you, I fall in love

Mindchow

A thankful heart is not only the greatest virtue, but the parent of all other virtues

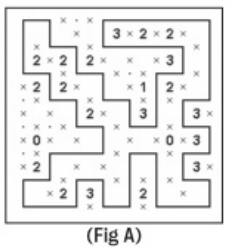
Joke of the day

Why couldn't Dracula's wife get to sleep? Because of his coffin

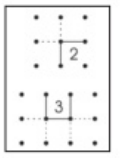
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

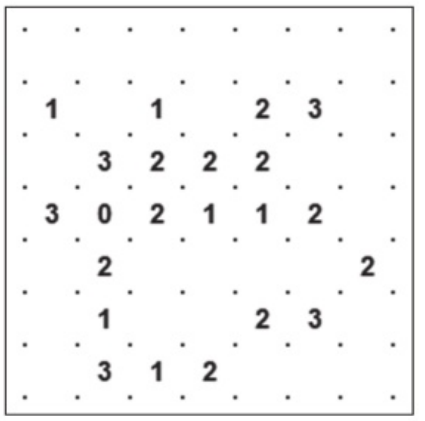


(Fig B) Not Allowed

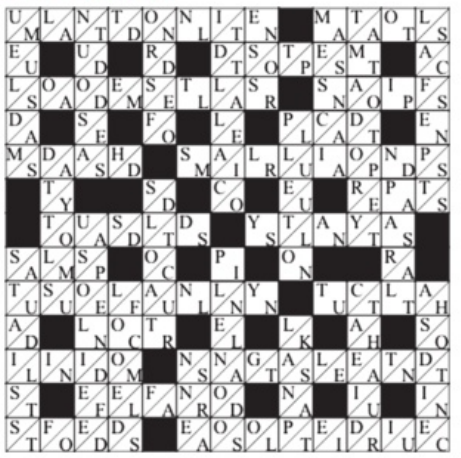
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



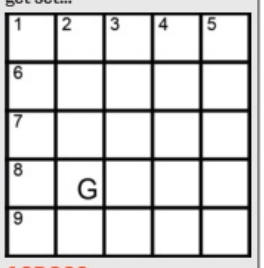
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

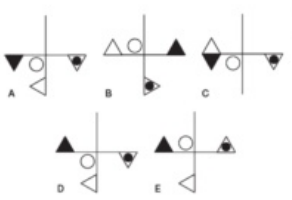
1 Taros; 6 Me EEC;
7 Siren; 8 Tange;
9 Sawed

DOWN

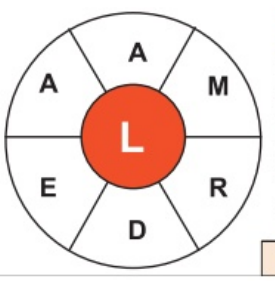
1 Wears; 2 O Mage;
3 Arced; 4 Seen I;
5 Stent

Mensapuzzle

Which option continues the sequence on the right?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

16 Average; **18** Good; **20** Outstanding

SudokuChallenge

		1		4		8		
5								3
2	8		5		7		6	4
	3		7		6		8	
6								5
	7		3		9		2	
7	9		4		8		1	6
8								2
		6		1		7		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 10
5 5 6 6

Medium = 32
5 6 6 8

Hard = 19
1 4 8 3

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

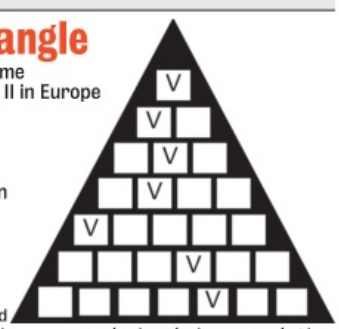
Differences: 1. Newspaper is longer. 2. Cup is moved. 3. Curler is missing. 4. Curtain is longer. 5. Table is longer. 6. Freezer handle is smaller.

Riddler

What is represented with this rebus? 2. Blame 3. Blame 4. Blame 5. Blame

Alpha triangle

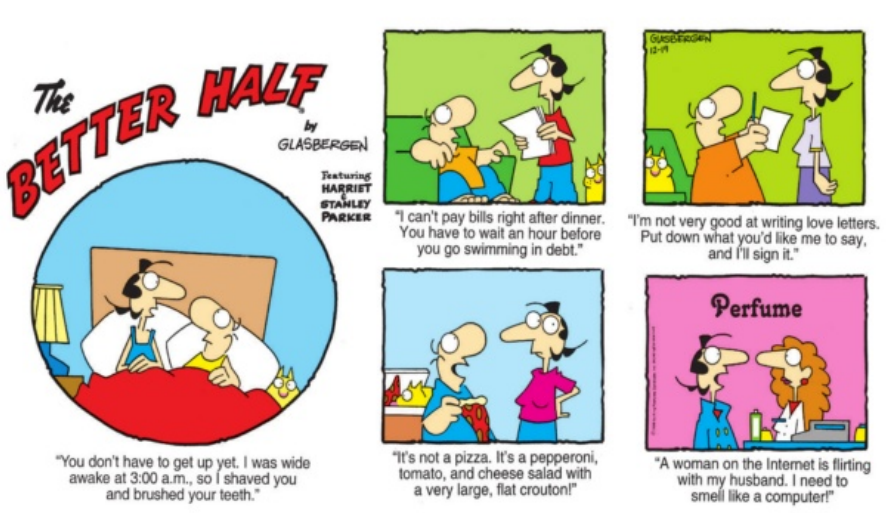
1 Five in ancient Rome
2 __ Day, ending WW II in Europe
3 Eden exile
4 At any time
5 Stanza or poem
6 Waited on
7 Changed direction abruptly

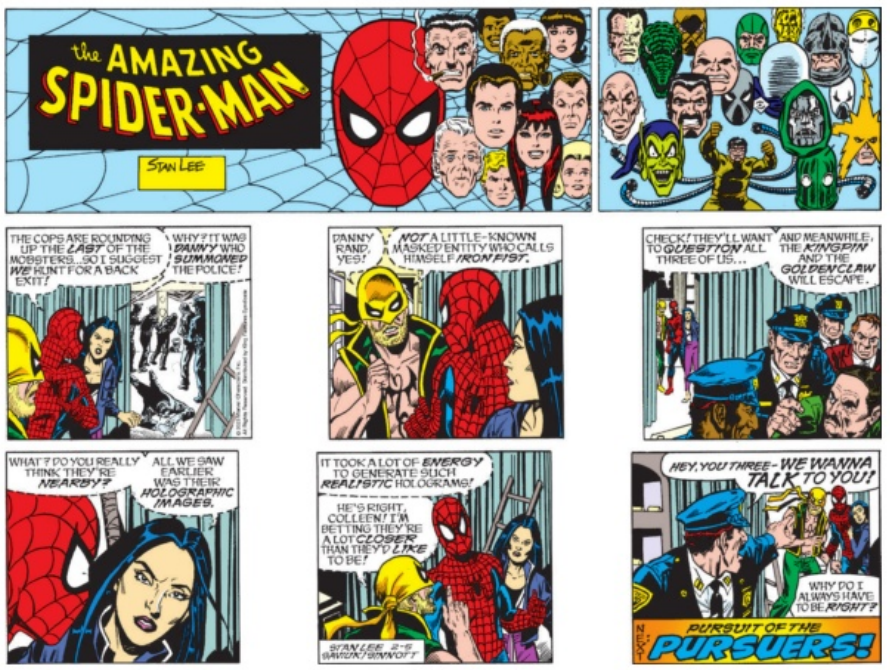


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS


The BETTER HALF
by GLASBERGEN
Featuring HARRIET & STANLEY PARKER
"You don't have to get up yet. I was wide awake at 3:00 a.m., so I shaved you and brushed your teeth."
"I can't pay bills right after dinner. You have to wait an hour before you go swimming in debt."
"I'm not very good at writing love letters. Put down what you'd like me to say, and I'll sign it."
"It's not a pizza. It's a pepperoni, tomato, and cheese salad with a very large, flat crouton!"
Perfume
"A woman on the Internet is flirting with my husband. I need to smell like a computer!"


the AMAZING SPIDER-MAN
STAN LEE
THE COPS ARE ROUNDING UP THE LAST OF THE MOBSTERS...SO I SUGGEST WE HUNT FOR A BACK EXIT!
WHY? IT WAS DANNY WHO SUMMONED THE POLICE!
DANNY RAND, YES!
NOT A LITTLE-KNOWN MASKED ENTITY WHO CALLS HIMSELF IRON FIST.
CHECK! THEY'LL WANT TO QUESTION ALL THREE OF US...
AND MEANWHILE, THE KINGPIN AND THE GOLDEN CLAW WILL ESCAPE.
WHAT? DO YOU REALLY THINK THEY'RE NEARBY?
ALL WE SAW EARLIER WAS THEIR HOLOGRAPHIC IMAGES.
IT TOOK A LOT OF ENERGY TO GENERATE SUCH REALISTIC HOLOGRAMS!
HE'S RIGHT, COLLEEN! I'M BETTING THEY'RE A LOT CLOSER THAN THEY'D LIKE TO BE!
STAN LEE 2-5 WATCH 'EM WORK!
HEY, YOU THREE- WE WANNA TALK TO YOU!
WHY DO I ALWAYS HAVE TO BE RIGHT?
PURSUIT OF THE PURSUERS!

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you will be a victim of negative thoughts. Your impatient nature and arrogance will hinder you from making difficult decisions. Seek the blessing of your elders to enhance your work front. Avoid investing in dead assets and refrain from discussing bad moments with your partner.

Taurus Apr 21 – May 20
Today, you are blessed by the moon. Stuck money may be recovered, increasing liquidity in your business. You may hold a leading position in your office project and receive incentives through promotions. Bonding with your spouse improves, creating domestic harmony.

Gemini May 21 – Jun 21
Today, you may be busy at home and choose to buy artefacts or creative stuff to renovate your house, elevating your social status. Consider investing in properties and other fixed assets. Enjoy romantic moments with your spouse, fostering emotional relationships. Singles may receive good news regarding marriage.

Cancer Jun 22 – July 23
Today, you may be occupied with children's issues and embark on short trips related to their academics. You will efficiently handle difficult tasks. Spend on buying artifacts or household items to enhance your lifestyle. Extend your generosity to friends and family members. Singles may find their soulmate, while love birds cherish their happy moments.

Leo Jul 24 – Aug 23
Today, there may be a change in your place or position. Read documents carefully before signing them. Pay attention to your parents' health. Postpone risky investments as they may lead to losses. Exercise caution for a few days.

Virgo Aug 24 – Sep 23
Today, you are blessed by the moon, which brings energy and enables you to make swift decisions in your business. Your subordinates will assist you in completing projects ahead of time, fostering trust in the workplace. Resolve any disputes with your siblings. Job holders may receive incentives through promotions.

Libra Sep 24 – Oct 22
Today, you are blessed by the moon. Control unnecessary spending. Seek advice or guidance to make better financial investments, improving your financial health. Exhibit politeness towards others, which will enhance your respect among people.

Scorpio Oct 23 – Nov 22
Today, you are blessed by the moon. Plan to invest more capital in your family business, expecting future growth. Your social services may bring rewards. Good news within the family creates a joyful environment. Indulge in some delicious food.

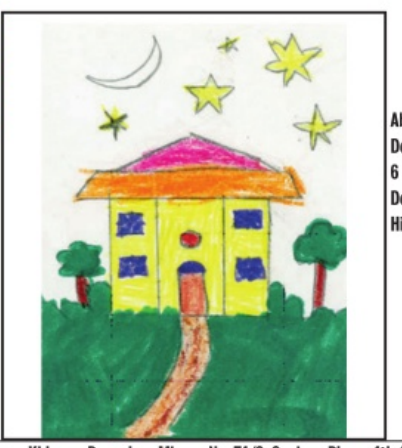
Sagittarius Nov 23 – Dec 22
Today, you will experience happiness and good health, providing inner strength and self-confidence. Your subconscious mind will guide you through challenging tasks. Your social prestige may increase, and destiny may help you initiate innovative endeavors due to your good karma.

Capricorn Dec 23 – Jan 20
Today, you may feel dull and experience health issues. Anxiety and restlessness may prevail. Postpone important investments in business or real estate. Avoid rushing while driving and refrain from long-distance travel. Engaging in meditation will facilitate sound sleep.

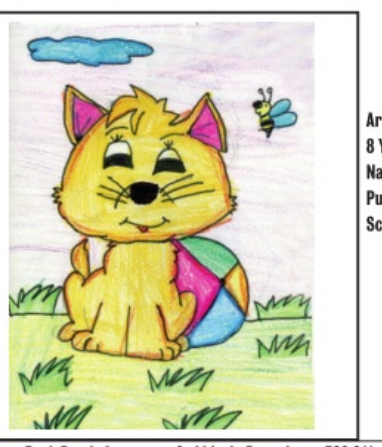
Aquarius Jan 21 – Feb 19
Today, you may face health issues and mental fatigue due to sleeplessness. Your focus for the day may be compromised, and laziness may hinder your commitments. Avoid rash driving and adventurous activities. Additionally, avoid unnecessary spending.

Pisces Feb 20 – Mar 20
Today, you may successfully implement your plans with the support of your strong network at work. Your hard work may lead to securing a significant order. Expect a harmonious understanding with your spouse, enhancing domestic life. Your boss will appreciate your efforts.

KIDZONE



Abhay Deepak, 6 Years, Deeksha High School



Archana R, 8 Years, National Public School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru- 560 011;
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SOLUTIONS

SOLVE IN 1M
1+6-1+6-1 = 1+6+6 = 13

RIDDLER
There is no "One" to blame.

BULL'S EYE
alarm, ALARMED, alder, dale, deal, dermal, realm, earl, lade, lama, lame, lamed, lamer, lard, lead, male, meal, medal, meld, real,

QUOTE UNCODE
One of the greatest pains to human nature is the pain of a new idea.

FAST FIVE

R	O	A	S	T
E	M	C	E	E
A	G	E	N	T
S	E	R	I	N
W	A	D	E	S

STRIKE OUT

S	O	D	S		E	S	O	T	E	R	I	C		
T		E	L	A	N	D		N		I			I	
	I	N	D	O		N	A	G	A	L	A	N	D	
D		N	O	T		E		K		H			S	
U	S	E	F	U	L	L	Y		U	C	L	A		
A	M	A	P		O		P		O			A		
	O	U	S	T	S		S	T	A	Y	S			
		T		S		C		U		R	A	T		
S	A	S	H		M	I	L	L	I	O	N	S		
D		E		O		L		P	A	T		E		
L	O	D	E	S	T	A	R		N	A	I	F		
M	A	N	D	O	L	I	N		M	A	T	S		
E		U		R		T	O	T	E	M		A		
	M	A	N	T	E	L		C	R	A	V	A	T	

QUICK

			T		S		F		A		B		D	
				T		Y		N		S		T		
		E		T		O	N	E	S		A			
	A		T		O		N		S		A	I	D	I
N		G				I		S					U	
	E			T		S		I						E
	F	A	I	R		N	E		S		B	A	T	S
			H		E		M		S			A		
S	T	A		V	E		R	U	D	O	L	P	H	
			E		D			R		O				
S	T	I	R		R	E	D		S	H	A	D	Y	
			E				H		S		Y		E	
S	L	O	W		S	H	E	L	L	I	N	G		
	B		O		A		H		L		R			
M	A	N	T	E	L		C	R	A	V	A	T		

MENSA PUZZLE
D: the black triangle affixes itself to each arm in turn, the white triangle moves backwards and forwards between two positions, the triangle with the dot turns, and the circle moves to each end of the middle arm (above then below) in turn, moves clockwise to each internal corner in turn

SUDOKU

9	6	1	2	4	3	8	5	7
5	4	7	8	6	1	2	9	3
2	8	3	5	9	7	1	6	4
1	3	5	7	2	6	4	8	9
6	2	9	1	8	4	3	7	5
4	7	8	3	5	9	6	2	1
7	9	2	4	3	8	5	1	6
8	1	4	6	7	5	9	3	2
3	5	6	9	1	2	7	4	8

ALPHA TRIANGLE
V, Ve, Eve, Ever, Verse, Server, Swerved.

GO FIGURE
Easy
6 + 5 + 5 – 6 = 10
Medium
5 x 6 + 8 – 6 = 32
Hard
8 – 3 x 4 – 1 = 19

LOOP

KAKURO

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